DBH Division of Behavioral Health

Missouri Department of Mental Health
Division of Behavioral Health

February 2018

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Recovery Housing—More than a Place to Live

What is Recovery Housing? - Recovery housing provides a safe, healthy environment that supports residents in their recovery from alcohol and drug use disorders. An individual seeking recovery is often faced with barriers—low or no income, a criminal background, poor employment history, and lack of housing options. The recovery process involves developing skills and resource connections to overcome these challenges. Recovery housing provides an environment and people who support a healthy lifestyle that does not include alcohol and illicit drugs. A key element of recovery housing is peer support. Peer support is provided by individuals with lived experience in recovery. These individuals provide emotional support, share knowledge and information on life skills, promote healthy activities, and facilitate community inclusion.

What makes a good program? - To ensure quality recovery housing programs, Missouri has adopted the National Alliance of Recovery Residences (NARR) standards of care. These standards define features of a good program. A good program will follow sound business practices and abide by all relevant laws. A good program will implement policies and procedures to ensure the safety of all residents and provide an environment free from illicit drugs and alcohol. Recovery housing will be maintained in a safe, clean, and good-working order. Residents will be provided with an orientation that clearly states the residents' rights and requirements. Recovery housing will provide and/or connect residents with life skills development services, self help groups, and other recovery support services. Recovery housing will use house meetings, community gatherings, and peer-based interactions to foster mutually supportive and recovery-oriented relationships. In recovery homes, each resident will be encouraged to develop and participate in his or her recovery plan. Recovery homes and residents will be respectful of their neighbors and work to be a part of the community. The NARR standards form the foundation of the accreditation process that is overseen by the Missouri Coalition of Recovery Support Providers (MCRSP). Having a recovery house accredited gives the general public additional confidence that quality, effective programming is provided.

For a list of accredited recovery housing programs in Missouri that are supportive of individuals receiving medication assisted treatment,
Go to: https://missouriopioidstr.org/recovery/
For information on how to get a recovery house accredited,
Go to: http://mcrsp.org/

Is Recovery Housing Effective? Research shows that recovery housing can generate positive outcomes for residents. In addition, recovery housing can be cost-effective to society through reductions in illegal activity and incarceration (National Council for Behavioral Health, 2017).

Recovery housing is associated with positive outcomes including:

- ✯ **Increased periods of abstinence**
- ✯ **Reduced probability of relapse**
- ✯ **Lower rates of incarceration**
- ✯ **Increased employment**

Data source: National Council for Behavioral Health (2017), Recovery Housing Issue Brief: Information for State Policymakers, May 2017. Retrieved at: https://www.thenationalcouncil.org/wp-content/uploads/2017/05/Recovery-Housing-Issue-Brief_May-2017.pdf.

For more information please contact the Division of Behavioral Health at (573)751-4942 or email: dbhmail@dmh.mo.gov